

# Removing barriers so parents can help and youths can achieve



*Sometimes young people develop problem behaviors as they search for ways to cope, behaviors that may interfere with the learning process. Naturally, parents want what is best for their children and teens. Maybe they have reached out for help in the past but encountered barriers instead of real assistance. We want parents to know they can come to professionals for help. We understand it's important for families & schools to work together.*

## Address the Situation

When a problem is identified involving a youth's behavior, it needs to be addressed as soon as possible. In seeking help, there are many options available through the public mental health system. The family and school are encouraged to access services and work together on behalf of the young person.



## Choose a Mental Health Care Provider

Once your family chooses a provider (See back panel), it's a good idea to call for an appointment immediately. For extra assistance, please call the Lucas County Enrollment Center at 419-213-4618.



## Getting Started: The "Intake" Process

The first appointment is called an "intake". You will be asked why you are seeking help - it is best to be as open and honest as possible. This is the family's opportunity to ask about professional credentials, concerns about confidentiality or payment and the parent's responsibility



## Getting Started - continued

during the treatment process. The provider will guide the family in determining a treatment plan. Providers may wish to see the whole family together, the youth alone or the parent(s) alone. Early in the process, it is also a good idea to appoint a family "spokesperson". This person can be responsible for making formal contact with the school and treatment professionals.



## The Healing Power of Communication

Communication between the provider and school can help ensure effective and appropriate treatment for your son or daughter. The legal guardian's signature is needed on "Release of Information" forms to allow information to be shared. It is helpful if everyone involved works together in the youth's best interest. This includes the family, school personnel, mental health providers and other professionals or significant other(s) involved with the youth.



## More Support for Families

Sometimes communication is a challenge, especially when the topic involves the mental health of your child or teen. If you would like to speak to an advocate and learn about clients' rights, call the Mental Health Board's client rights officer at **419-213-4600**. Another important resource is the National Alliance for the Mentally Ill (NAMI) of Greater Toledo. NAMI, the nation's largest grassroots organization with a mental health focus, is a strong advocate for families and youths. For information about parent support groups and educational classes, please call **419-243-1119**.



## Mental Health Care Providers Serving Youths

*The public mental health system is funded with tax dollars  
- your tax dollars - and we are here to serve you.*

### Catholic Charities

1933 Spielbusch Ave.  
Toledo, Ohio 43624  
Phone: 419-244-6711  
Fax: 419-244-4860  
[www.catholiccharitiesnwo.org](http://www.catholiccharitiesnwo.org)

### Connecting Point

1212 Cherry St.  
Toledo, Ohio 43608  
Phone: 419-243-6326  
Fax: 419-243-6346  
[www.connectingpoint.org](http://www.connectingpoint.org)

### Family Service of NW Ohio

One Stranahan Square, Suite 414  
Toledo, Ohio 43604  
Phone: 419-244-5511  
Fax: 419-321-6459

### Harbor Behavioral Healthcare

4334 Secor Road  
Toledo, Ohio 43623  
Phone: 419-475-4449  
Fax: 419-479-3230  
[www.harbor.org](http://www.harbor.org)

### Lutheran Social Services of NW Ohio

2149 Collingwood Blvd.  
Toledo, Ohio 43620  
Phone: 419-243-9178  
Fax: 419-243-4450

### Medical College of Ohio (MCO)

3000 Arlington Ave.  
Toledo, Ohio 43614  
Phone: 419-383-4000  
Fax: 419-383-3031  
[www.mco.edu](http://www.mco.edu)

### Rescue Mental Health Services

3350 Collingwood Blvd.  
Toledo, Ohio 43610  
Phone: 419-255-9585  
Fax: 419-255-2801

### Unison Behavioral Health Group

544 E. Woodruff Ave.  
Toledo, Ohio 43624  
Phone: 419-242-9577  
Fax: 419-321-6913  
[www.unisonbhg.org](http://www.unisonbhg.org)

### More Information = More Support

For more information, please call **419-213-4600** or visit the Lucas County Mental Health Board Web site at **[www.lucascountymhb.org](http://www.lucascountymhb.org)**. The National Alliance for the Mentally Ill (NAMI) of Greater Toledo is a great resource for families. For information, call **419-243-1119** or visit the Web site at **[www.namitoledo.org](http://www.namitoledo.org)**.

*The Lucas County Mental Health Board extends its warm appreciation to the members of its Youth Task Force for their contribution to youth and families of Lucas County.*



*impulsiveness*

**Living in today's world  
can be challenging.**



*depression*

**Growing up in it  
can be even tougher.**



*restlessness*



**SUPPORT FOR PARENTS**